

*“Lifting Barriers to Care for Sexual Assault: The Medical Forensic Exam for Survivors with Disabilities”*

*End Abuse of People with Disabilities* Webinar Discussion Guide

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This guide is an invitation to have a discussion about the content discussed in the *End Abuse of People with Disabilities* webinar to help you engage with the material. If you have questions or concerns, please email Ashley Brompton at [abrompton@vera.org](mailto:abrompton@vera.org).

*A Note on Self-Care*

We recognize that many of the topics discussed in our webinars, and the accompanying discussion guides, may be difficult and/or triggering. We ask you to practice self-care. Here are some suggestions for practicing self-care when watching *End Abuse of People with Disabilities* webinars or using the discussion guides.

- Be mindful of trigger or content warnings during webinars, as well as your body’s own reactions. Center yourself and your needs. Do whatever you need to do to feel comfortable and safe.
- If you need to take a break, allow yourself to do so. The webinar can be paused and re-started as needed.
- Plan out ways to decompress and regroup after consuming heavy content.
- Identify supports in your community or organization that you can reach out to for assistance as needed.

*Discussion Questions*

1. What barriers do victims with disabilities face in receiving medical forensic exams?
2. What strategies can you implement to help victims with disabilities overcome barriers and receive effective medical forensic exams?

3. What can you do to prepare for providing accessible medical forensic exams in advance?

4. What resources are available to you to create a more accessible medical forensic exam? Who would you reach out to for resources?